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**Music Sparks Memories and Much More at Kindred Nursing and Rehabilitation-Community**

**Marion, Ohio** (May 17, 2016) – Nancy Fields and her granddaughters Emma and Hope make knot blankets and sell them to raise money to purchase iPods and headphones – which they promptly donate to the Music and Memory program at Kindred Nursing and Rehabilitation-Community. The three saw how the music memory program benefitted a relative with cognitive disorders, and made it their mission to ensure that every resident in the center’s Reflections unit has the same opportunity.

Fields, niece of a current resident in the Reflections unit said, “This has made such a difference in my uncle’s disposition. He is so much calmer and more relaxed. My family and I want all the residents to be able to enjoy their special music, too.”

Music and Memory seeks to help residents with dementia and other disorders to reconnect to the world through memories triggered by listening to the music that they love. Typically, a resident in the program will have their own iPod or similar device loaded with his or her personalized playlist of music they know and recognize.

The program, used at Community as well as centers across the country, has helped residents talk or communicate again, become calmer, and feel less depressed and afraid. Listening to favorite tunes has also resulted in reduced incidences of agitated behavior and lessened the need for the use of medication.

Kindred Nursing and Rehabilitation-Community has four staff members trained and certified in the Music and Memory Program, according to Tammy Huffman, Social Service Director. She said residents participating in the program have experienced numerous benefits from the use of music as part of their plan of care.

“For example, one non-responsive resident started moving parts of her body in time with the music,” said Huffman. “When the music stopped she took the headphones off and said ‘it stopped.’ Another highly agitated resident now sings with the music rather than screaming out.”

Kindred Nursing and Rehabilitation-Community is a Music and Memory certified facility through the support and assistance of the Ohio Department of Aging. The center currently has 22 iPods in place for participants in its Music and Memory program. Most of these participants also reside in the facility’s Reflections Unit, a specialized environment for those with cognitive disorders.

Kindred Nursing and Rehabilitation-Community is located near Harding Memorial Park in south Marion. The facility offers private and semi-private rooms with 24/7 RN coverage, outpatient rehabilitation, fine dining, free in-room cable television, WiFi, beautician and more. It has been serving the area since 1973, providing skilled nursing and rehabilitation services as well as long-term care and memory care.

For more information about Kindred Nursing and Rehabilitation-Community, visit the facility’s website at [www.kindredcommunityoh.com](http://www.kindredcommunityoh.com). For additional information about the Music and Memory program or how you can support it, contact Bonnie McKee at (740) 387-7537.